

Two-Potato Lamb Stew with Roasted Garlic

Yield: 8 servings (serving size: 1 1/3 cups)

Ingredients

- 1 garlic head
- Cooking spray
- 4 cups coarsely chopped onion
- 4 garlic cloves, minced
- 1/3 cup all-purpose flour (about 1 1/2 ounces)
- 2 pounds boneless leg of lamb, trimmed and cut into bite-sized pieces
- 2 teaspoons olive oil
- 1 teaspoon salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1 cup dry red wine
- 3 cups less-sodium beef broth
- 2 1/2 cups (1-inch) cubed peeled sweet potato (about 10 ounces)
- 2 1/2 cups (1-inch) cubed peeled Yukon gold potato (about 10 ounces)
- 2 1/2 cups (1/2-inch) slices peeled parsnip (about 10 ounces)
- 1 tablespoon chopped fresh rosemary



Preparation: Preheat oven to 350°.

Remove white papery skin from garlic head (do not peel or separate the cloves). Wrap garlic head in foil. Bake at 350° for 45 minutes or until tender; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins.

Heat a Dutch oven over medium-high heat. Coat pan with cooking spray. Add onion; sauté 10 minutes or until tender and golden brown. Add 4 garlic cloves; sauté 1 minute. Spoon onion mixture into a bowl.

Place flour in a shallow bowl or pie plate. Dredge lamb in flour, shaking off excess. Heat oil in pan over medium-high heat. Add half of lamb mixture; sprinkle with 1/4 teaspoon salt and 1/8 teaspoon pepper. Cook 6 minutes, browning on all sides. Add browned lamb to onion mixture. Repeat procedure with remaining lamb mixture, 1/4 teaspoon salt, and 1/8 teaspoon pepper.

Add wine to pan, scraping pan to loosen browned bits. Stir in lamb mixture and broth; bring to a boil. Cover, reduce heat, and simmer 1 hour or until lamb is just tender. Stir in potatoes and parsnip. Cover and simmer 30 minutes. Stir in roasted garlic, remaining 1/2 teaspoon salt, remaining 1/4 teaspoon pepper, and rosemary; simmer 10 minutes.

Nutritional Information:

Calories: 316 (30% from fat)

Fat: 10.5g (sat 3.9g, mono 4.8g, poly 0.9g)

Protein: 20.6g

Carbohydrate: 35.4g

Fiber: 4.9g

Cholesterol: 58mg

Iron: 2.5mg

Sodium: 526mg

Calcium: 60mg

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WOW Tip: Reduce sodium content by cutting salt in half.